

WEEK II

TRIPLER ARMY MEDICAL CENTER

	Weekdays	Weekends
Breakfast:	0545-0930	0630-0830
Lunch:	1045-1400	1100-1330
Dinner:	1600-1830	1600-1730

BREAKFAST BREAKFAST ALA CARTE: Assorted Omelets, Scramble Eggs, Hard Cook Eggs, Steamed Rice, TAMC Egg Muffins, Hash Browns, B'Fast Taco(Mon-Fri), Bacon, Assorted Cereals, Bagels, Waffles, English Muffins, Assorted Cereals, Assorted Juices, Fresh and Canned Fruits. TAMC Egg Muffins & B'Fast Tacos made to order Weekends & Holidays.						
<u>TUE 26 Jun 07</u> Grape Juice/Canned Pears French Toasts/Waffles Sausage Grits Blueberry Muffin	<u>WED 27 Jun 07</u> Guava Juice/Canned Peaches Blueberry Pancakes/Waffles Creamed Beef/Biscuits Oatmeal Banana Bread	<u>THUR 28 Jun 07</u> Orange Juice/Fruit Cocktail French Toasts/Waffles Sausage Grits Glazed/Sugared Donuts	<u>FRI 29 Jun 07</u> Apple Juice/Canned Pears Pancakes/Waffles Creamed Beef/Biscuits Oatmeal Cherry Coffee Cake	<u>SAT 30 Jun 07</u> Grape Juice/Canned Peaches Pancakes/Waffles Sausage Grits Quick Coffee Cake	<u>SUN 01 Jul 07</u> Orange Juice/Pineapple Chunks French Toasts/Waffles Ham Oatmeal Assorted Pre-Package Pastries	<u>MON 02 Jul 07</u> Apple Juice/Applesauce Pancakes/Waffles Creamed Beef/Biscuits Grits Cinnamon Rolls
Minestrone Soup Chicken Cacciatore Beef/Garden Lasagna Chicken Strips/Sandwich Bar/Chili Steamed Rice/Spaghetti Noodles Vegetable Medley Riviera Blend Vegetables Garlic Bread Salad Bar/Potato Salad Fresh Fruits Eclairs	Vegetable Beef Barley Blackened Catfish Meatloaf w/Brown Gravy Sandwich Bar/Hot wings Chicken Sandwich/Chili Oven-Roasted Red Potatoes Broccoli w/Cheese Sauce Whole Kernel Corn/Brown Rice Salad Bar/Carrot & Raisin Salad Dinner Rolls Haupia Cake w/Coconut Icing	Chicken Noodle Soup Cantonese Pork Ribs Beef Teriyaki Slices Corn Dogs/Chicken Strips Sandwich Bar/Chili Savory Fried Rice Stir-Fry vegetables French-Style Green Beans Waldorf Salad Salad Bar/Fresh Fruits Honey Sweet Rolls Boston Cream Pie	Bean w/Ham Soup Kalua Pork w/Cabbage Baked/Fried Fish Fillet Fishwich/Hot Wings/Chili Sandwich Bar/Pizza Bar (Cheese) Steamed Rice/Macaroni & Cheese Peas & Carrots Steamed Broccoli Salad Bar/Fresh Fruits Fresh Spinach Salad Strawberry Shortcake Dinner Rolls	Red Beans and Rice Tuna Noodle Casserole French Dip Sandwich Steamed Rice Green Beans Corn O'Brien Salad Bar/Waldorf Salad Fresh Fruits Cherry Crisp	Vegetable Beef Roast Pork w/ Brown Gravy Chicken Cordon Blue Mashed Potatoes Rice Pilaf Harvard Beets Sicilian Blend vegetables Salad Bar/ Country-Style Tomato Salad Fresh Orange Oatmeal Cookies	Chicken Soup w/White & Wild Rice Turkey ala King Stuffed Salmon w/Dill Weed Sauce Sandwich Bar/Chicken Strips Pizza Bar (Supreme)/Chili Egg Noodles Steamed Rice/Brown Rice Mixed Vegetables Steamed Carrots Salad Bar/Italian Pasta Salad Coconut Cream Pie Honey Wheat Rolls
Beef Stroganoff Baked Fish Rice Pilaf Egg Noodles Seasoned Greens Italian Mixed Vegetables Salad Bar/Waldorf Salad Fresh Fruits Chocolate Cream Pie	Roast Turkey w/Gravy Creole Macaroni Mashed Potatoes Steamed Rice Green Peas Normandy Blend Vegetable Cornbread Dressing Salad Bar/Macaroni Salad Banana Cake	Herbed Baked Chicken Cajun Roast Pork/Brown Gravy Hot Potato Salad Steamed Rice Steamed Carrots Mixed Vegetables Salad Bar/Italian Pasta Salad Banana Peanut Butter Pie	Stuffed Cabbage Roast Pork w/ Gravy Mashed Potatoes Steamed Rice Riviera Blend Vegetables Green Peas Salad Bar/Potato Salad Pears Chocolate Chip Cookies	Salisbury Steaks Chicken Katsu w/Katsu Sauce Mashed Potatoes Potato Wedges Vegetable Medley Steamed Cauliflower Salad Bar/Macaroni Salad Fresh Fruits French Apple Pie	Pepper Steak Chicken Long Rice Steamed Rice Steamed Spinach Corn-on-the-Cob Salad Bar Potato Salad Carrot Cake	Pork Adobo Chicken Alfredo Linguini Steamed Rice Steamed Spinach Green Beans w/ Mushrooms Green Peas Salad Bar/Fresh Fruits Coleslaw w/ Creamy Dressing Apple Crisp

***SHORT ORDER SPECIAL: Are available Monday through Friday during lunch meals (excluding holidays)**
***Lunch Short Orders: Hamburgers, Cheeseburgers, Hot Dogs, Grilled-Cheese Sandwiches, French Fries, Chili and Veggie Burgers.**

MENUS SUBJECT TO CHANGE WITHOUT NOTICE BASED ON AVAILABILITY OF FOOD.

WILLIAM E. WHEELER
LTC, SP
Chief, Nutrition Care Division

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- Grape Juice

Pancakes

Sausage

Grits

Baking Powder Biscuits
- Apple Juice

French Toast

Oatmeal

Banana Bread
- Grapefruit Juice

French Toast

Ham

Grits

Quick Coffee Cake
- Toasted Garlic Bread

- Minestrone Soup

Maryland Baked Chicken☺

Chili Macaroni

Mashed Potatoes

Vegetable Combo

Spinach

Peach Pie
- Potato Soup

Steamship Rd of Beef,☺

Au Jus

Baked Mahi-Mahi

Baked Potato

Green Bean w/Mushrooms

Sicilian Vegetable Medley

Hawaiian Fruitcake
- Chicken Gumbo Soup

Meatloaf

Pork Adobo

Mashed Potatoes

Steamed Rice

Carrots

Cauliflower

Guava Chiffon Cake

- Beef Stew

Turkey Tetrazzini☺

Steamed Rice

Squash Ala Southern

Whole Kernel Corn

Jellied Peach Salad

Spice Cake w/Bu Crm Icing
- Savory Baked Chicken☺

Ravioli

Broccoli

Lima Beans

3-Color Pasta Salad

Pecan Pie
- Spaghetti w/Meat sauce

Vegetarian Pizza☺

Oven-Glow Potatoes

Peas & Onions

Wax Beans

Jellied Fruit Cocktail Salad

Boston Cream Pie

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